



USAREC Family News

Issue 18

Spring 2004

SERVING YOU--THE FAMILIES OF USAREC

Gee-One's Point of View

AFAP Process Alive and Well in USAREC

By plane, train, and automobile they came from across USAREC. Their mission: to improve USAREC and the Army through the AFAP process.

The Army Family Action Plan or AFAP has churned out issue after issue over the last twenty years through this grassroots process which solicits ideas from members of the Army Family composed of active duty Soldiers, retirees, civilian employees, and their family members. I was privileged to be invited to all five brigade symposia this year from coast to coast. From the opening of the 2d Recruiting Brigade Symposium in February through the closing ceremony of the 1st Recruiting Brigade at the end of March, delegates representing the Soldiers, civilians, and family members of the command identified issues affecting those assigned to recruiting tours. Equally important, delegates offered recommendations on how to solve those important issues.

Last year, fifty issues were submitted from USAREC brigade symposia for action at HQ USAREC level. Of those, fourteen issues were prioritized by delegates from all five

brigades to brief to the Commanding General. Two of those issues were retained at HQ USAREC level for action while the rest were forwarded to the DA level AFAP conference. In the final review at the top Army level, delegates from around the world prioritized all of the issues from across the Army. Of the twenty-four issues chosen by all delegates to enter the AFAP action list, four came from USAREC! That's quite an accomplishment!



This year's issues will be combined with issues from Cadet Command for review at a combined USAAC symposium in May. Fifteen delegates from recruiting brigades will join forces with delegates from Cadet Command to select top issues to submit through TRADOC to the 2004 DA AFAP Conference.

After twenty years you'd think all the issues would have been covered by the AFAP process already. You'd be wrong. Just wait until you see the new issues of 2004!

By Martin Skulas, Chief, Soldier and Family Assistance

Inside This Issue

Gee-One's Point of View	p.1	Getting Ready for Spring – USAREC Safety	p.5
Commander's View	p.2	TRICARE News	p.6
Chaplain's Notes	p.3	Child Abuse Prevention Month	p.7
Social Support – Got to Have It	p.4		



MG Michael D. Rochelle

*Real joy comes not from ease or riches or from praise of people,
but from doing something worthwhile. ---Sir Wilfred Grenfell*

As our Army engages in a prolonged war on terrorism, USAREC remains focused on and committed to recruiting the best and the brightest to be our Army's future warriors. This year's Annual Leaders Training Conference in Nashville, Tenn., focused on how to embed the Warrior Ethos into our recruiting culture and strategy. Many of the Army's senior leaders took the time to attend, share important updates, and congratulate USAREC on achieving mission success for the fourth straight year.

This year we also added a new dimension to our conference. The USAREC Soldier and Family Assistance Branch staff conducted a simultaneous training event for the senior spouse leadership of your brigades. I was truly impressed by the dedication and purpose exhibited by your spouse representatives. I had the privilege of attending several of their sessions, and quickly realized the spirit, enthusiasm and sense of purpose embodied in the group. They are extremely passionate about their desire to develop information specific to USAREC and the need to share that information with all families in the command as soon as they know they will be joining us. Our new family members will be then prepared for the uniqueness of the USAREC experience. Your representatives emphasized the need to enhance the cohesiveness of USAREC families, thus dispelling the feeling of isolation often expressed when families are first assigned away from an installation.

I must admit that I listened to many worthwhile family support ideas during the outbrief on the last day of the conference, but one struck at the heart of what the recruiting family epitomizes and drew a standing ovation from everyone in attendance: The USAREC Spouse's Creed.

The USAREC Spouse's Creed

*I am a Soldier's spouse.
I am a recruiter's spouse and a member of the team.
I support the Soldiers of the United States and endorse the Army Values.
I will always place my Soldier and my family first.
I will remain strong in the face of adversity.
I will live the mission being executed.
I will never leave a family member behind.
While my Soldier serves, I fulfill many roles:
I am prepared and I remain flexible; I support and I lead.
I am self-reliant and yet I appreciate assistance. I am resilient.
I give to the community when I can, and remain supportive when I can't.
I work and I stay at home.
On the home front, I am the expert and the professional, so that my Soldier can concentrate on the mission.
I am a teacher of others, and I learn from others.
I am sensitive and I am strong. I listen and I speak for myself and for others.
I stand committed and dedicated to my Soldier.
I am a facilitator of freedom and the American way of life.
I am a USAREC spouse.*

Though primary authorship rests with Wendy Weirick Burton and Loretta Darosa, all spouse attendees gave input and their stamp of approval to the finished product. It serves as a rallying call that speaks to the strength of our spouses' commitment to the mission, their families, and their communities.

My thanks to the USAREC spouses for a job well done. You are truly important to the success of this command and our great Army.



Chaplain (LTC) Lyndell E. Stike

Chaplain's Notes

requires work and intentionality. Couples can practice some basic rules to improve their relationship.

RULE 1: Work together as a TEAM.

Every successful team demonstrates three characteristics: commitment, coordination, and communication. Commitment goes beyond love and the trappings of a wedding. It allows us to overcome the challenges of age, finances, and illness. Couples must work together – sharing time, concerns, and dreams. We must communicate. Talking about our needs, our hopes, and our expectations will bring us closer and enhance intimacy.

RULE 2: Fight Fair

Every couple has those “moments” when they disagree and the discussion can become heated and intense. Our fighting has only one objective – to win. We use any method possible to reach our goal. Some of us are screamers, many withdraw, and others may become physical. Couples should seek a win-win solution to the issues. We need to respect the other person’s opinion and point of view.

RULE 3: Watch your words.

Words are powerful tools. They can paint beautiful pictures and stir the emotions. We can use them to make peace or as weapons to cut the heart out of those we love. Couples must remember that it is very difficult to erase the hateful words once spoken. Choose your words carefully and be sure what you say is what you truly mean. It takes a lot more “I Love You” to soften the words “I hate you.”

May your marriage grow and love mature as you develop into a powerful team.

Three Simple Rules

Marriage should be a relationship that allows growth and fulfillment, not a jail sentence.

A woman awoke during the night to find that her husband was not in bed. She put on her robe and went downstairs. He was sitting at the kitchen table with a cup of coffee in front of him. He appeared to be in deep thought, just staring at the wall. She saw him wipe a tear from his eye and take a sip of his coffee.

"What's the matter dear? Why are you down here at this time of night?" she asked. "Do you remember 20 years ago when we were dating and you were only 16?" he asked. "Yes, I do," she replied. "Do you remember when your father caught us in the back seat of my car making love?" "Yes, I remember." "Do you remember when he shoved that shotgun in my face and said, "Either you marry my daughter or spend the next 20 years in jail?" "Yes, I do," she said. He wiped another tear from his cheek and said, "You know ... I would have gotten out today."

Marriage for many couples may not be all that they expected. It is filled with challenges and change. Marriage

Social Support – Got To Have It!



By LTC "Doc" Bowles and Lindsay Squeglia, U.S. Army Recruiting Center One

To ensure your physical and mental health, it is important to develop a buffer against the negative stressors of life. One important source for doing this is through developing a strong social support system. Besides getting your social vitamins, a strong social support system can help improve coping with medical problems (MayoClinic.com, Social support: A buffer against life's ills, 18 Apr 2003).

Social support systems are made up of people in your life that you can count on for emotional support, advice, information, love, assistance and social activities. This network can include both people from work and outside of work.

Some ways to build or strengthen your social support system include:

- 1) Review your present network of friendships that you may have neglected due to demands and stress. Set a goal of maintaining or reinitiating these contacts.
- 2) Be open and available for your friends — during the good and bad times — and show an interest in their lives.
- 3) Be active in the community. Volunteering at your church, hospital, museum or joining local recreational sports teams broadens your network of friends and allows a time to de-stress.
- 4) Join or create your own support group. These could be self-help related (like a stress management class), intellectual (like a book club), athletic (like a jogging group), or social (like a supper club). (<http://stress.about.com/cs/supportsystems/tp/aa060203.htm>)
- 5) Get out of the house. A walk in your neighborhood or to the park with your family is a way to meet new people in your area.

Developing and maintaining a social support system with friends, coworkers, and family can offer a buffer against feelings of anxiety and depression (MayoClinic.com).

Are you an Emotional Eater?

Emotional Eating

Have you ever noticed that sometimes a football game is better when you're enjoying it with some chips and a beer? When you're bored or feeling down,



do you tend to migrate to the refrigerator? Many people tend to eat emotionally, a practice that can be dangerous for the waistline and for your emotional well-being. When your emotions trigger eating, you may not even be aware of how much you're consuming or even the fact that you might not be hungry at all. And while food may temporarily make you feel better after a fight with your partner or when you're feeling down, it doesn't get to the root of the problem. To find out if your emotions influence your eating habits, keep a short food journal for a few days. Write down what you ate and how you were feeling when you ate it. If you notice that overeating is connected to your emotional state (that piece of cake you had right after an argument), you may need to find some new, healthier ways of coping, such as taking a walk, listening to music, or talking to someone you trust.

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Getting Ready for Spring! USAREC Safety Office

For the upcoming spring we want to focus our accident prevention efforts on home safety in the following areas: scooter, bike and pedestrian safety, barbecue, and lawn mower safety.

LAWN MOWER SAFETY

Try to use a mower with a control that stops the mower from moving forward if the handle is let go.

- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Use a collection bag for grass clippings or a plate that covers the opening where cut grass is released. Have anyone who uses a mower wear hearing and eye protection.
- Make sure that children are indoors or at a safe distance away from the area that you plan to mow.
- Start and refuel mowers outdoors, not in a garage or shed. Mowers should be

refueled with the motor turned off and cool.

- Make sure that blade settings (to set the wheel height or dislodge debris) are changed by an adult, with the mower off and the spark plug removed or disconnected.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.

BBQ Safety Tips

Before you break out the barbecue and start grilling up a scrumptious meal this spring, be sure to know the potential health hazards and practice safe BBQ routines:



- Always keep barbecue grills clean and free of grease buildups so debris doesn't catch fire. In case of emergency, grease fires can be extinguished with water.
- Use only barbecue starter fluid to begin your grill or smoker. Never use gasoline, paint thinner or other petroleum products, which can cause serious injury. In

addition, do not keep liquid or pressurized fuels inside your house; all flammable liquids should be stowed far from furnaces, water heaters and fireplaces.

- Never add starter liquid to hot (or even warm) coals.
- Never start a gas grill with the lid closed, and never lean over the grill as you light the fire.
- Do not wear loose clothing that can easily catch fire, and be sure no dry leaves, grass or combustible materials are under the grill, where they could easily catch fire.
- Never leave the grill unattended! Keep a fire extinguisher handy in case of problems, and be sure to monitor children and pets near a grill.
- Be sure to turn off propane tank valves when you are not using them, and turn off grill dampers when not in use.

Follow these safety guidelines, and you should enjoy a safe, healthy and tasty barbecue!

Scooter, Bike and Pedestrian Safety

Scooters, bikes, in-line skates and skateboards are associated with numerous injuries yearly.

- Wear a comfortable, properly fitted helmet bearing the label of an independent testing lab. Be sure that the helmet sits level on top of the head—not rocking in any

direction—and always fasten the safety strap.

- Be sure that safety gear (wrist, elbow and kneepads) fits properly and does not interfere with the rider's movement, vision or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- Ride scooters and bikes only on smooth, paved surfaces and only ride during daylight hours.
- Learn the proper hand signals and use them when you turn or stop.
- Come to a complete stop before entering driveways, paths or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.
- Teach crossing safety to children by example.



The OB NAS Elimination Provides the Power of Choice – Make Sure Your Choice is Informed

Most beneficiaries may not have noticed recent news articles or flyers in their local military treatment facility (MTF) about the obstetric non-availability statement (OB NAS) elimination. The OB NAS elimination potentially affects all female Military Health System family members of child-bearing age. Understanding the OB NAS

elimination is crucial for those who wish to make informed decisions about their maternity care.

Because of the new law, beginning Dec. 28, 2003, TRICARE Standard beneficiaries who have not yet had their first prenatal visit may choose a civilian provider for their care without first seeking permission from their MTF. TRICARE Prime patients will continue to go to the MTF if the services are available there. In most cases, expectant mothers with TRICARE Prime must have their prenatal care and deliver their babies in the MTF.

Because of the elimination of the OB NAS requirement, some TRICARE Prime beneficiaries who currently receive care at their MTF might be wondering if they should disenroll from TRICARE Prime and seek civilian maternity care under TRICARE Standard. In addition, some TRICARE Standard beneficiaries may be undecided about receiving maternity care at their MTF. There are four things these beneficiaries should know.

- ◆ Military treatment facilities have professional health care providers who understand the unique needs of military families. They provide outstanding, family centered maternity care for all patients.
- ◆ Beneficiaries may have difficulty locating an OB provider or one who participates in TRICARE Standard and accepts the TRICARE maximum allowable charge for his or her services.

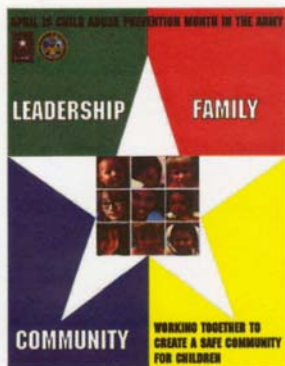
- ◆ With TRICARE Standard, medical services other than maternity care, are subject to out-of-pocket expenses including deductibles and co-payments.
- ◆ TRICARE Prime patients may opt to use the TRICARE Prime Point-of-Service option. This allows Prime enrollees to receive nonemergency, TRICARE-covered services from any TRICARE-authorized civilian provider without a referral from their primary care manager or authorization from a health care finder. This option is more costly to the enrollee, and Point-of-Service charges are not subject to the catastrophic cap. Beneficiaries could pay thousands of dollars out of pocket in a year. However, with the Point-of-Service option, beneficiaries remain enrolled in Prime.

Health care needs change during pregnancy and no decision should be rushed. Beneficiaries



who are uncomfortable making this decision on their own are encouraged to speak with a TRICARE service center representative or a MTF beneficiary counseling and assistance coordinator/health benefits advisor to learn more about their options under the new law. Information about the new law also is posted on the TRICARE Web site at <http://tricare.osd.mil>.

Source – TRICARE News Release



Building Safe Communities Prevents Child Abuse

**Child Abuse Prevention Month
in the Army – April 2004**

**Together we can make
USAREC safe for children!**

In today's Army, child abuse prevention depends on leadership from command and parents to mobilize the community for the protection and care of all children. It is everyone's responsibility to keep children safe.

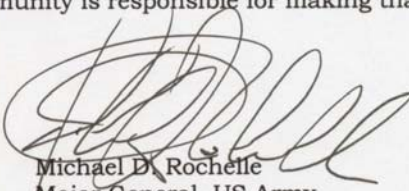
The USAREC community is committed to putting an end to child abuse. The Army designates April as Child Abuse Prevention Month to elevate community awareness. The theme for 2004 – Building Safe Communities Prevents Child Abuse – reminds us that everyone must work together to prevent child abuse.

Everyone shares responsibility for keeping our children safe from child abuse and neglect. Parents have personal accountability for their children's protection. The command and all community members share with parents the duty to create a supportive and secure environment for children.

Prevention takes action. I call on everyone in USAREC to reach out to families and children, to recognize the risk factors and warning signs of child abuse, and to report suspected abuse and neglect promptly.

Children who grow up in a safe and secure community become the leaders of the future. The entire USAREC community is responsible for making that future possible for our children.

*This is our
responsibility!*


Michael D. Rochelle
Major General, US Army
Commanding

"RECRUITING FOR AMERICA'S ARMY"

May 7 – Military Spouse Day

Begin plans now to recognize the efforts of military spouses on Military Spouse Day. As volunteers, military spouses have provided invaluable service and leadership in educational, community, recreational, religious, social and cultural endeavors.